



# CAMBRIDGE FAMILY NEWS



## from the Center for Families

Information, Support, & Activities for Cambridge Families of Children Ages 0-8

### March-April 2014

We hope you all are enjoying the snowy winter! Despite all the cold and snow, we had a wonderful turnout for the **6th Annual Family Fun Day!** Thank you to all the families who braved the bitter-cold to join us that day. We hope you enjoyed it as much as we did!

Now that the weather is (hopefully!) warming up, there are lots of outdoor fun-filled activities happening soon!

For some family-friendly events happening in the area, turn page 7. With the springtime also comes Earth Day on April 22. In honor of this, turn to page 2 for some ideas around celebrating Earth Day.

Now is the time to start thinking about summer camp. If you are interested in looking for programs for your child, or for information on summer activities for children in the area, the 21st Annual Resource/Camp Information Night will be happening on Wednesday March 5th. For more information, turn to the bottom of page 5.

Also be sure to check out some upcoming Center for Families programs, including an Art & Literacy Night, Dads & Kids at the Gym, and a hands-on nutrition workshop!

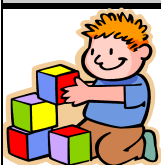
Finally, spring registration for **Community Playgroups** starts now! For more information see below and please fill out the included Registration Form. Send it to the Center for Families by **Friday, March 21st**.

Happy Spring!

### Up Coming Events!

Dads & Kids at the Gym	3/15, 4/12
Mothers' Group	3/21, 4/4
Art & Literacy Night	3/21
Healthy Cooking Nutrition Workshop	3/22
Yoga	4/5

### Spring 2014 Community Playgroups!



#### What are Cambridge Community Playgroups?

Playgroups are fun, educational, and FREE groups for parents and caregivers from Cambridge and their children. There are two Tiny Tots groups for children 15-23 months, and 4 groups for children 2-5 years.

#### How do I sign up?

Please fill out the form that was included with this newsletter and return it by **Friday, March 21**. If you did not receive a registration form and are interested in signing up your child, you can get a form from the following places:

- ◆ Center for Families website ([www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff))
- ◆ Center for Families office (70 Rindge Avenue, rear of Peabody School, door 10)
- ◆ Agenda for Children (119 Windsor St.)
- ◆ Requesting one from Cynthia at 617-349-6327 or [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov)

**Groups start the week of April 14th!**

### Friends of the Center for Families Save the Date!

Friends of the Center for Families is excited to announce our biggest fundraiser yet, happening this spring on **Thursday, May 15 7:00-10:30 pm at the Center for the Arts at the Armory (191 Highland Ave., Somerville, MA)**.

This event is just for the grown-ups and will feature delicious local food, an incredible silent auction, music, and a spelling bee with the chance to win some great prizes.

**Check out our website** ([www.friendsofthecenterforfamilies.org](http://www.friendsofthecenterforfamilies.org)) for more information.

Interested in helping with the event or donating to our silent auction? Contact Bev Feldman at [beverly.halpern@gmail.com](mailto:beverly.halpern@gmail.com)



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*The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.*

# PLAYING AND LEARNING ACTIVITIES

Here are some fun spring activities that you and your child can do together! Do you have activities that you and your child love to do together? Call Cynthia at (617) 349-6327 to submit them for our next newsletter!

## Celebrate Earth Day April 22nd!



Plant a seed and watch it grow!

Talk with your child about how soil, sun, and water help plants sprout and grow. All you need is a clear plastic cup, soil, a seed (or a lima bean), and a sunny window. Help your child fill the plastic cup two-thirds full with potting soil. Let your child plant the seeds under the soil next to the side of the cup where it can be seen. Water the seeds and keep them moist in a warm, sunny place.

Ask your child to predict (to guess)

what will happen. Then talk about what is actually happening as the seed begins to sprout. Ask your child to watch the seed every day and observe how it changes. He/she can even draw a picture of the seed as it changes. Your child will learn new vocabulary and learn about science and nature!



### Some books about planting to read together :

*Planting a Rainbow* by Lois Elbert

*Growing Vegetable Soup* by Lois Elbert

*From Seed to Plant* by Gail Gibbons

## Other Fun Spring Activities to celebrate Earth Day:

### Go for a Walk

The weather is starting to get warmer, so it is the perfect time to get out and walk outside more. Cambridge is a great city to walk around. Walk to a park, a new neighborhood, or the grocery store. Talk about what you see and hear along the way.



### Teach Your Child About Recycling

Have your child help you recycle. Show them where plastic containers and paper go. Sorting not only teaches them early math skills, but you are showing them at a young age the importance of recycling. Explain to them why we recycle—they use old paper, plastic, and bottles to make new ones. This helps to keep the earth clean.

## FATHERS' CORNER

### Men's Health League

The Men's Health League, based in the Cambridge Department of Public Health, Fit for Life program is currently recruiting for its May session.



This free 12-week program aims to assist men in their pursuit of a healthier lifestyle through nutrition, fitness, doctor workshops, gym access, and information on a number of resources. Fit For Life serves men who are at risk for heart disease or diabetes, or have a family history of these chronic diseases.

### Men's Resource Highlight: Navigated Care

Are you a man in need of help with:

- getting health insurance
- getting a primary care physician
- making or keeping your appointment

Contact Derek Arledge at 617-665-3686 or [darledge@challiance.org](mailto:darledge@challiance.org) for information about either program.

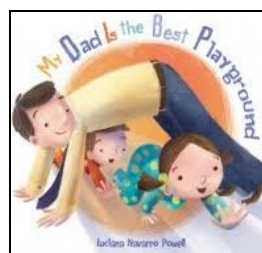
### Dads & Kids' Saturday at the Gym

### Dads & Kids Saturday at the Gym

Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

**Saturday March 15th and April 12th** at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School)

**Facilitator: Michael Clontz**



**To sign up or for more information,** contact

Christine Doucet

617-349-3003 or

[cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

# PLAYING AND LEARNING ACTIVITIES

Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, or has thrown up within 24 hours of activities. We want to make sure everyone stays germ-free!



## CENTER FOR FAMILIES: FREE FAMILY PLAY AND LEARNING ACTIVITIES

We bring toys, activities, singing, and snacks; you bring the kids and the fun! Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (0-6), and come play with us. You don't need to sign up for these groups, just come when you want. **For more information or questions**, call Lucy at 617-349-6967.



**The following groups run through June 19, 2014**  
(No groups on: 3/11, 4/10, 4/21, 4/22, 4/23, 4/24, 5/14, 5/26, 6/5)

### Mondays

Moore Youth Center-Gym\*\*, 12 Gilmore St., Bus Route 70  
10:00 — 11:30 am

Infant Playgroup (15 mos and under)\*

Center for Families, 70 Rindge Ave. (rear), Bus Routes 77 & 83  
12:30 — 2:30 pm

### Tuesdays

Fresh Pond Apartments, 364 Rindge Ave. (Community Room)  
Bus Route 83 or Alewife Station  
10:00 — 11:30 am

Childcare Provider Playgroup~, Cambridge Community Center, 5  
Callendar Street, Bus Route 70  
10:00-11:30am

Infant Playgroup (15 mos and under)\* Margaret Fuller Neighborhood  
House, 71 Cherry St. (use the door on the right side of the building)  
Bus Routes 1, 69 and Central Square T  
12:30 – 2:30 pm

### Wednesdays

Gately Youth Center-Gym\*\*, 70 Rindge Ave. (back of Peabody  
School), Bus Routes 77 & 83  
10:00 — 11:30 am

Area IV Youth Center, 243 Harvard St., Bus Routes 69,83 & 91  
10:00 — 11:30 am

### Thursdays

Childcare Provider Playgroup~  
70 Rindge Ave. (Peabody School, in the afterschool room), Bus  
Routes 77 & 83, 10:00 — 11:30 am

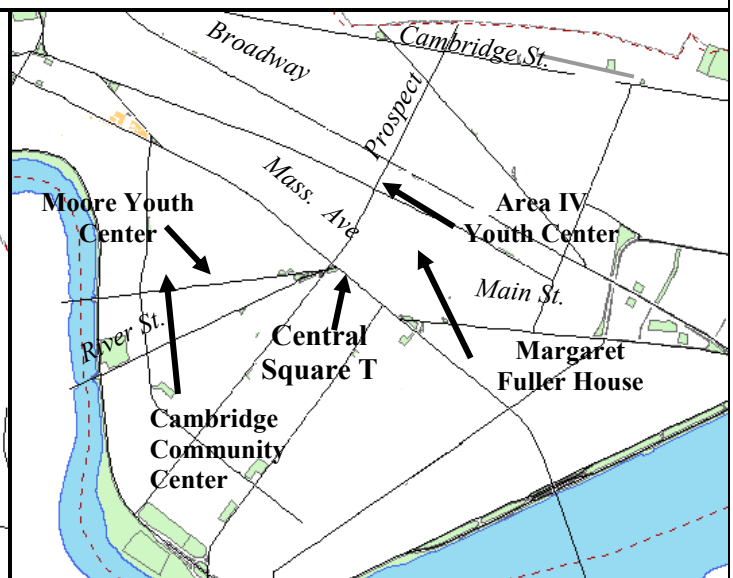
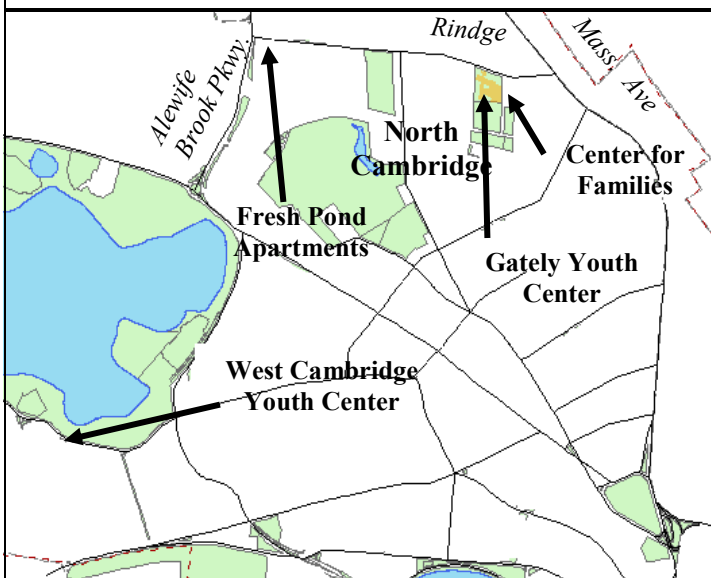
**Note:** Due to space concerns, we will be limiting group to first 26  
children & their providers who arrive

### Please note:

\*Please attend **either** Monday or Tuesday Infant Group

\*\*The Gym groups are for physical activities, no arts or snacks







~Childcare Provider Playgroup just for childcare providers



\*\*Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are \*\*

# Center for Families Drop-In and Events Calendar

## March/April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>March 2</b>	<b>3</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group Windsor Head Start 3:30-4:30	<b>4</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30	<b>5</b> Gately 10:00-11:30 Area IV 10:00-11:30	<b>6</b> CFF Provider 10:00-11:30	<b>7</b>	<b>8</b> 
<b>9</b>	<b>10</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group 808 Memorial Dr. 3:30-4:30	<b>11</b> <b>No 364 or CCC Provider drop-in groups: Early Release</b> <b>MF Baby time WILL meet 12:30-2:30</b>	<b>12</b> Gately 10:00-11:30 Area IV 10:00-11:30	<b>13</b> CFF Provider 10:00-11:30	<b>14</b>	<b>15</b> <b>Dads &amp; Kids at the Gym 10:00-11:30</b>
<b>16</b>	<b>17</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group JP Head Start 3:30-4:30	<b>18</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30	<b>19</b> Gately 10:00-11:30 Area IV 10:00-11:30	<b>20</b> CFF Provider 10:00-11:30	<b>21</b> <b>Moms' Group 10:30-12:00</b> <b>Art &amp; Literacy Night 5:30-7:00</b> 	<b>22</b> <b>Healthy Cooking 10:00-11:30</b> 
<b>23</b>	<b>24</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group Windsor Head Start 3:30-4:30	<b>25</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30	<b>26</b> Gately 10:00-11:30 Area IV 10:00-11:30 <b>Baby Massage 12:30-1:45</b>	<b>27</b> CFF Provider 10:00-11:30 <b>Exercise for Mothers in their First Year 11:30-1:00</b>	<b>28</b> 	<b>29</b>
<b>30</b>	<b>31</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group 808 Memorial Dr. 3:30-4:30	<b>April 1</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30	<b>2</b> Gately 10:00-11:30 Area IV 10:00-11:30 <b>Baby Massage 12:30-1:45</b>	<b>3</b> CFF Provider 10:00-11:30	<b>4</b> <b>Moms' Group 10:30-12:00</b>	<b>5</b> <b>Yoga 10:30-11:30</b> 
<b>6</b>	<b>7</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group JP Head Start 3:30-4:30	<b>8</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30 <b>Ages and Stages 6:30-8:00</b>	<b>9</b> Gately 10:00-11:30 Area IV 10:00-11:30 <b>Baby Massage 12:30-1:45</b> <b>Ages and Stages 6:30-8:00</b>	<b>10</b> <b>No Groups: Staff Training</b>	<b>11</b>	<b>12</b> <b>Dads &amp; Kids at the Gym 10:00-11:30</b> 
<b>13</b>	<b>14</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group Windsor Head Start 3:30-4:30	<b>15</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30	<b>16</b> Gately 10:00-11:30 Area IV 10:00-11:30 <b>Baby Massage 12:30-1:45</b>	<b>17</b> CFF Provider 10:00-11:30	<b>18</b> <b>*No School</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>No Groups: School Vacation</b>	<b>22</b> <b>No Groups: School Vacation</b> 	<b>23</b> <b>No Groups: School Vacation</b>	<b>24</b> <b>No Groups: School Vacation</b>	<b>25</b> <b>*No School</b>	<b>26</b>
<b>27</b>	<b>28</b> Moore 10:00-11:30 CFF Baby time 12:30-2:30 Discovery Group 808 Memorial Dr. 3:30-4:30	<b>29</b> 364 10:00-11:30 CCC Provider 10:00-11:30 MF Baby time 12:30-2:30	<b>30</b> Gately 10:00-11:30 Area IV 10:00-11:30 <b>Baby Massage 12:30-1:45</b>	<b>May 1</b> CFF Provider 10:00-11:30	<b>2</b>	<b>3</b>

364 = Fresh Pond Towers, 364 Rindge Ave.  
Area IV = Area IV Youth Center, 243 Harvard St.  
CFF = Center for Families, 70 Rindge Avenue (rear)  
MF = Margaret Fuller Neighborhood House, 71 Cherry Street  
Moore = Moore Youth Center, 12 Gilmore Street

CCC = Cambridge Community Center, 5 Callendar Street  
Gately = Gately Youth Center, 70 Rindge Avenue (rear)  
JP Head Start = Jefferson Park Head Start, 280 Rindge Ave  
Windsor Head Start = Head Start classroom, 119 Windsor St.  
808 Memorial Dr. = 808 Memorial Drive Cambridge



# Upcoming Workshops, Classes & Events

## Events & Workshops

### Movement & Yoga for Parents & Children

Saturday, April 5th, 10:30-11:30am,

Center for Families, 70 Rindge Ave. enter in back, door 10

A movement-based class for parents and children ages 4-8 years old\*, where they do relaxing exercises and yoga together. Please wear comfortable clothes.

**\*Please note the new age requirements; children must be at least 4 years old.** To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

### Cooking Healthy Food for Parents and Children (3-8 years old)

Saturday March 22nd, 10:00 to 11:30 am

Windsor Street Clinic, 119 Windsor St.

Come to a fun, interactive, multisensory nutrition education program where food-related stories and songs will be shared and yummy nutritious delights will be cooked and tasted together. Presenter: Jackie Newman, Dietitian-Nutritionist. To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

### Art & Literacy Night

Friday, March 21st, 5:30-7:00pm

Kennedy Longfellow School Cafeteria, 158 Spring St.

Children ages 0-8 and their families are invited to join the Center for Families for a fun evening of listening to stories and doing art activities that are just right for their age! There will be pizza from 5:30-6:00 pm and stories & crafts from 6:00-7:00 pm. For more information, contact Cynthia at 617-349-6327 or [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).

### Exercise for Mothers in their First Year After Giving Birth

Thursday, March 27th 11:30 am to 1 pm

Trolley Square Apartments, 2427 Mass. Ave.

This free workshop is for mothers living in Cambridge with babies 0-12 months (you can come with or without your baby). Learn from a physical therapist that specializes in postpartum how to do exercises that are de-signed to improve your physical health after birth. These exercises will help you have a strong body to take care of your baby and prevent injuries like back, wrist and shoulder pain. It will help you strengthen your pelvic floor and abdominal muscle safely.

Instructor: Sybille Bosslet, Physical Therapist. To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

### Ages and Stages: What to Expect and When to Expect it

April 8th and April 9th, 6:30pm to 8:00pm

Center for Families, 70 Rindge Ave., enter in back, door 10

This workshop will review developmental milestones in the first 5 years of life and offer a framework for figuring out when parents' worries or concerns should be followed up on. Strategies and resources for where to go for help will be shared. Presenter: Amy Bamforth. To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

## Mother Activities and Workshop

### Discussion and Craft Activity for Moms

Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome. *Christine and Fran will direct the activity.*

**Fridays, March 21 and April 4, 10:30 am—12:00 noon**

Center for Families, 70 Rindge Ave. (back of the Peabody)

Activities: **March—** Making Pillows

**April—** Art with Tiles

To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

## Infant Activities

### BABYTIME: Caring, Playing, Nurturing

(parents/caregivers with infants 0-15 months)

Informal groups for parents or caregivers with infants. They are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. *No pre-registration required. Christine will lead a short sing-a-long.*

**Mondays 12:30 - 2:30 pm—**Center for Families, 70 Rindge Ave.

**Tuesdays, 12:30 - 2:30 pm—** Margaret Fuller Neighborhood House, 71 Cherry St. *\*Please choose only one group to attend per week.*

### Baby Massage and Infant Development Series

(parents with infants 11 weeks - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage helps with digestion, sleep, and baby's health. Topics of discussions: infant sleep, infant motor and social development, and childproofing your home. This is a fun and relaxed group setting. Based on WINC without Borders Curriculum.

**Wednesday series: 3/26, 4/2, 4/9, 4/16, 4/30 12:30-1:45pm,** Center for Families, 70 Rindge Ave. (enter in rear of school, door 10)

To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

## Ready for Summer Camp?

### 21st Annual Resource/Camp Information Night

**Wednesday March 5, 2014**

**6:30 – 8:30 p.m**

**Cambridge Rindge & Latin High School**

**459 Broadway, Main Cafeteria**

**SNOW DATE: Thursday, March 12, 2014**

Entertainment and art activities for children & light supper provided.

Parking is available in the Ellery St. school garage.

### Learn about:

- Camp programs for children
- Day and Overnight Camps
- Programs for Middle School youth and preteens
- Job opportunities for teens
- Camps specializing in serving children with special needs

**For questions or additional information, call Liz Lewis at 617-349-6283.**



# CENTER FOR FAMILIES NEWS

## Afternoon Discovery Group



The Center for Families is offering a **Monday Afternoon Discovery Group** for children and their parents **ages 5 years old-8 years old**. Groups will meet from 3:30pm-4:30pm.

### Session 2: Building!

2/24-Jefferson Park Head Start (280 Rindge Ave.)  
3/3-119 Windsor St. Head Start (119 Windsor St.)  
3/10-808 Memorial Drive

### Session 3: Oeey Gooley Math and Science

3/17-Jefferson Park Head Start  
3/24-119 Windsor St. Head Start  
3/31-808 Memorial Drive

### Session 4: Planet Earth!

4/7-Jefferson Park Head Start  
4/14-119 Windsor St. Head Start  
4/28-808 Memorial Drive

### Session 5: Electricity!

5/5-Jefferson Park Head Start  
5/12-119 Windsor St. Head Start  
5/19-808 Memorial Drive

**Please only plan to attend one location per session. Children must attend with their parent or family member (no providers) and no children under the age of 5 may attend the group. Activities are designed for children ages 5-8 years old and are not safe for younger children.**

*If you have any questions, please contact Cynthia at 617-349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).*

## FREE Passes



The Center for Families has limited 1-time passes for the Museum of Science and the New England Zoo passes for **participating** families. To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months.

The passes will allow FREE admission at Museum of Science or a New England Zoo.

We can only give up to **3 passes per family**. For more information, contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).

## Stay connected with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents.



To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).



- Follow us on **Twitter** @cntrforfamilies

- Friend us on **Facebook** at <http://on.fb.me/xzNyXs>



- Check out our **website**: [www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, at playgroups, events, or on our website.

## Caught in the Act!



At the Center for Families, we work with other community agencies to create and run great programming for families! This newsletter is featuring the **Agenda for Children!**

The **Agenda for Children Out of School Time (OTS)** mission is to ensure the highest quality OST opportunities and experiences for all Cambridge children, youth and families.

Have you met one of the **Agenda for Children** Literacy Ambassadors in a Community Playgroup? Did your child get a book from the **Agenda for Children** at Center for Families Family Fun Day, Art and Literacy Night, or drop-in playgroups?

Be sure to congratulate the **Agenda for Children** for being **caught in the act!**

## Ask Jayne!



Looking for information about child care, the wait list, vouchers, kindergarten and after-school, early intervention, special education and more?

Please contact Jayne Cantor at 617-349-6086 or by emailing Jayne at [jcantor@cpsd.us](mailto:jcantor@cpsd.us).

# COMMUNITY EVENTS AND ACTIVITIES

## Title I Presents:



### Books for Bingo!

Thursday, March 6th, 6:30-8:00 pm  
Morse School Cafeteria (40 Granite St.)

Families with children in grades Kindergarten – fifth welcome! **For more information and to register, contact Debbie**

**Bonilla at 617-349-6492 or [dbonilla@cpsd.us](mailto:dbonilla@cpsd.us)**

### Let's Cook!

A Parent & Child Activity presented by Title I Program, The Health & Physical Education Department, Cambridge Public Schools School Health Program, and Pathways to Family Success Cambridge Public Health Department.



**Wednesday, April 9th  
King School  
359 Broadway  
6:00-7:30 PM**

Parents and children will prepare *Rainbow Bites*, enjoy a healthy dinner together, and have fun with movement led by the Physical Education Department. Be sure to wear comfortable clothing.

Take home recipes! Door Prizes! Giveaways!

**Event is limited to 20 families. Registration required by calling Debbie Bonilla at 617-349-6492 or email [dbonilla@cambridgema.gov](mailto:dbonilla@cambridgema.gov) by Friday, April 4th.**

## Library Workshop!

**Love and Limits in Early Childhood**  
A Workshop with Doug Weinstock

**Wednesday March 19th, 6:00pm  
O'Neill Branch Library  
70 Rindge Ave.**

Understanding why children do what they do can help caring adults respond to challenging behavior with love--and limits. **Limited childcare is available by advance request only at 617-349-4023.**

*Sponsored by the Greater Boston Early Childhood Resource Center at the Cambridge Public Library, the Massachusetts Department of Early Education and Care, and Families First Parenting Programs.*

## Upcoming Family-Friendly Events!

### Cambridge Science Festival

The Cambridge Science Festival is a multicultural event that makes science accessible, interactive, and fun for all! **Friday, April 18-Sunday, April 27. For more information and a schedule of events, go to [www.cambridgesciencefestival.org](http://www.cambridgesciencefestival.org).**

### Annual Mayfair

MayFair features six stages of live entertainment, music, dance, art, street performances and 200+ artisans and merchants. **Sunday, May 4 on Memorial Drive from 12:00 noon-6:00 pm. For more information go to [www.harvardsquare.com](http://www.harvardsquare.com).**

## Simple Stress-Reducing Tips for Parents

Being a parent is a full time job and can be very stressful. During the long winter months it may feel like the stress never ends. You may feel like you never have a chance to relax. Taking care of yourself is important to being the best parent you can be. Here are a few tips for making relaxation a part of your everyday routine.

- ♦ **Take a walk.** Exercise is a natural way to calm the body and release tension from the muscles. Take a few minutes every day to go for a short walk around the neighborhood. Smile at the people you pass and enjoy the sunshine and the newly warm weather!
- ♦ **Write.** If something is bothering you, take a moment to write it down. Instead of hiding

your frustrations, let them out in a safe and positive way. Do not worry about what or how you are writing. Focus on the way it feels to let go of your tension. Keep a journal of your writings so you can reread them later!

- ♦ **Open the windows.** The beginning of spring is here, so enjoy the sunshine and the warmer weather. Open the blinds or curtains in your home and allow the sun to shine in. Open the windows for some fresh air. Take a deep breath and enjoy bringing the outside into your home.
- ♦ **Turn on some music.** The right type of music is known to lower blood pressure and calm the body. When life becomes stressful,

take a moment to turn on the radio or put on your favorite CD. Then sing along! Singing allows you to release built up stress in your body and in your mind. The best part is that you can do it almost anywhere while doing anything!

- ♦ **Play with your children!** Instead of just watching your child while he/she plays, get down on the floor and play with him! You may want to take this time to be by yourself. However, building a block tower or drawing a beautiful picture with your child will help you relax and forget about the stress of the day. Best of all, you and your child will get to spend quality, happy time together.

# COMMUNITY INFORMATION

## Literacy Texting!

### The Agenda for Children presents: Literacy Texting!

Get free weekly tips on talking and reading with your children as well as family event dates and much more! It is easy, quick, and free!

- Families with children birth to 2 years text: LetsTalk to 99000
- Families with children ages 2 to 4 years text: LetsRead to 99000



## Doula Support Programs



8 Camelia Avenue, Cambridge  
(across from Cambridge Hospital  
Entrance)

The Doula Program at the Cambridge Health Alliance offers groups for new parents. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.

**Breastfeeding Group:** Tuesdays, 10:00-12:00 noon (English & Spanish), Thursdays, 10:00-12:00 noon (English)  
**Open Discussion:** Wednesdays, 10:00-12:00 noon

## Friends of the Center for Families



**Hello Parents, Grandparents, Guardians, Family Childcare Providers, Child care workers & Others!**

**Who we are:** A diverse group of dedicated Cambridge Mothers, Fathers, and caregivers working together to support the Center for Families. We are thankful for this amazing program, the parenting workshops, playgroups, Family Fun Day events, and many other activities.

The staff of the Center are amazing and the door is always open for families. For these reasons, we come together once a month to talk, plan, share, laugh, and have fun while offering support for this fantastic program.

**Be sure to check out our Save the Date on page 1 of the Newsletter for information about our Spring Fundraiser!**

**Next Meetings:** March 12 and April 9

**Time:** 6:30-8:00pm

**Where:** 70 Rindge Ave. (enter in rear of school, door 10)

## Pathways to Family Success

- Do you have a child who is in grades kindergarten to 3rd grade?
- Do you live in Public Housing or have Section 8, or are on the waitlist for either of them
- Is English your second language?

If you answered yes to all of these questions, then Pathways to Family Success could be for you!

Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**

## Cambridge Public Library Programs for Young Children

The Cambridge Library is a great place for children. Please call any library listed below for more information about story times and other children's activities. Remember that the library also has museum passes you can use with your library card. For information about all programs, see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/) or call 617-349-4038.



### Main Library Children's Room, 449 Broadway, (617) 349-4038

- ♦ Baby Lapsit for parents and pre-walking babies. Registration required, Mondays, 10:00 am
- ♦ Toddler Storytime on Tuesdays and Thursdays at 11:00 am
- ♦ Sing Along (All Ages) on Mondays and Wednesdays at 11:00am
- ♦ Preschool Story Time on Tuesdays at 4:00 pm
- ♦ Onesies (and Twosies) for toddlers ages 12-24 months. Registration required. Wednesdays, 10:00 am

### Boudreau Branch, 245 Concord Avenue, (617) 349-4017

- ♦ Preschool Story Time (Ages 3.5 and up) Mondays at 10:30am
- ♦ Toddler Sing-Along on Wednesdays at 10:30 am

### Central Square Branch, 45 Pearl Street, (617) 349-4010

- ♦ **Closed due to construction.**

### Collins Branch, 64 Aberdeen Avenue, (617) 349-4021

- ♦ Preschool Story Time on Mondays at 4:00 pm
- ♦ Toddler/Preschool Sing on Tuesdays at 10:00 am

### O'Connell Branch, 48 Sixth Street, (617) 349-4019

- ♦ Toddler Sing on Wednesday at 11:00 am
- ♦ Stories and Crafts (3-7's) on Thursdays at 3:30 pm

### O'Neill Branch, 70 Rindge Avenue, (617) 349-4023

- ♦ Toddler Time on Mondays at 10:30 am
- ♦ Preschool Story Time on Thursdays at 11:00 am

### Valente Branch, 826 Cambridge Street, (617) 349-4015

- ♦ Preschool Story Time on Mondays 3:30 pm
- ♦ Toddler time on Tuesdays at 10:30 am
- ♦ Portuguese Sing Along Tuesdays at 5pm
- ♦ \*New-Stories and Songs in Spanish, Fridays, 1pm (age 2-5)
- ♦ \*New-Friday afternoon crafts (ages 5+) at 3pm.



# COMMUNITY RESOURCES

## Adult Education

- **Cambridge Employment Program** (617-349-6166)—Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV** offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more info., please call 617-661-6900.
- **Asian American Civic Association**—Next Steps Transitional English program—free English classes for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center** - The Community Learning Center currently offers an ESOL Family Literacy class for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

## Childcare, School & Support

- **The Agenda for Children** 'Let's Talk' - FREE program where an Early Childhood Home Visitor will come to your home to help build language development. For parents of children birth-15 months. (617-665-3825)
- **Department of Human Service Programs (DHSP)** (617-349-6200)—Runs programs for children and families including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For

information, call or visit [www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2).

- **Family Resource Center** (617-349-6551)—For information about the Cambridge Public Schools, call the Multilingual voice mail: 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center**—Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.
- **Are you ready to be a parent or have a newborn baby??** Attend a *Happiest Baby Class* and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services**—at Temple Eitz Chayim. Thursdays 10:00-11:30 134-136 Magazine St. Cambridge. Call 781-693-5652
- **East End House (105 Spring St., Cambridge)**—holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit [www.eastendhouse.org](http://www.eastendhouse.org).

## Food & Clothing

- **The Cambridge Food Pantry Network**—Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Children's Clothing Exchange**—A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program**—Provides

nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

## Housing

- **The Cambridge Multi-Service Center**—Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

## Special Needs Services

- **Cambridge-Somerville Early Intervention**—Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Cambridge Special Start**—Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs**—Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities**—Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see [www.cambridgema.gov/DHSP2/disabilities.cfm](http://www.cambridgema.gov/DHSP2/disabilities.cfm).

**The Cambridge Somerville Resource Guide** has listings for more services in the community at [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org). If you are not able to find what you want, call the Center for Families at 617-349-6385.

# CENTER FOR FAMILIES STAFF

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**The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.**

**Main Office**

**617-349-6385**

**Fax:**

**617-349-6386**

**Web:**

[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

**Facebook:**

<http://on.fb.me/xzNyXs>

**Twitter:**

<http://twitter.com/cntrforfamilies>

**Email:**

[centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)

**Center for Families**

Office and Resource Room:  
Peabody School Community Wing  
(entrance in rear of school door 10)  
70 Rindge Avenue  
Cambridge, MA 02140

**Funding for Center for Families Programs**

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.

The Center for Families serves families with children 0-8. Activities are open to all Cambridge residents.

**Center for Families**

c/o Dept. of Human Service Programs  
51 Inman Street  
Cambridge, MA 02139

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